BKA Beginner: Stretch & Strengthen

Step 1



Prone Hip Flexor Stretch with Towel Roll

REPS: 1 SETS: 1 HOLD: 5 MIN DAILY: 2-3 WEEKLY: 7 DAYS/WK

SETUP:
Begin lying on your front with a large towel roll underneath your residual limb.

MOVEMENT:
Hold this position as prescribed by your therapist.

TIP:
Make sure the towel roll is large enough to get a stretch on the front of your hip without causing your back to arch.

Step 1



Step 2



Seated Hamstring Stretch

REPS: 10 SETS: 1 HOLD: 10 SEC DAILY: 2-3 WEEKLY: 7 DAYS/WK

SETUP:
Begin sitting upright in a chair with your prosthetic heel placed on a footstool.

MOVEMENT:
Slowly lean forward and push your knee down until you feel a stretch in the back of your leg. Hold this position.

TIP:
Make sure to maintain a gentle stretch and keep your back straight during the exercise.

Step 1



Step 2



Supine Hip Extension using Towel Roll

REPS: 10 SETS: 1-2 DAILY: 2-3 WEEKLY: 7 DAYS/WK

SETUP:
Begin lying on your back with a large towel roll underneath the end of your residual limb.

MOVEMENT:
Raise your hip up off the table, pushing your residual limb against the towel roll. Hold briefly, then lower back down and repeat.

TIP:
Try not to use your sound leg to do the bridge. Make sure to keep your core engaged and do not arch your back.

Disclaimer: This program provides exercises related to your condition that you can perform at home. As there is a risk of injury with any activity, use caution when performing exercises. If you experience any pain or discomfort, discontinue the exercises and contact your healthcare provider.

BKA Beginner: Stretch & Strengthen

Step 1 Step 2



Supine Single Leg Bridge

REPS: 10 SETS: 1-2 DAILY: 2-3 WEEKLY: 7 DAYS/WK

SETUP:
Begin lying on your back with your residual limb straight, your sound leg bent, and your foot resting flat on the floor.

MOVEMENT:
Raise your hips and residual limb off the table as high as you can. Hold briefly, then lower your hips down and repeat.

TIP:
Make sure to keep your core engaged and do not hold your breath during the exercise.

Step 1 Step 2



Prone Knee Extension

REPS: 10 SETS: 1-2 DAILY: 2-3 WEEKLY: 7 DAYS/WK

SETUP:
Begin lying face down with a towel roll underneath the end of your residual limb. You can try placing a small pillow under your stomach if this position is uncomfortable.

MOVEMENT:
Straighten your residual limb knee, tightening your front thigh muscles and gently pressing into the towel. Hold briefly, then relax and repeat.

TIP:
Make sure to keep your abs tight and do not arch your back.

Step 1 Step 2



Side-Lying Hip Abduction

REPS: 10 SETS: 1-2 DAILY: 2-3 WEEKLY: 7 DAYS/WK

SETUP:
Begin lying on your sound side with your prosthesis on. With your residual limb on top, keep your legs, hips, and torso in a straight line. To increase your stability, bend your bottom leg.

MOVEMENT:
Lift your residual limb as high as possible. Hold briefly, then lower it back down and repeat.

TIP:
Make sure to keep your core engaged during the exercise. Do not let your back arch or allow your hips to roll forward or backward. To make the exercise more challenging, straighten out the bottom leg and do not use your arm to support your trunk.

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BKA Beginner: Stretch & Strengthen

Step 1



Step 2



Seated Side-Bending

REPS: 10 SETS: 1-2 DAILY: 2-3 WEEKLY: 7 DAYS/WK

SETUP:
Begin sitting upright in a chair with your arms resting at your sides.

MOVEMENT:
Slowly bend your body to the side, lowering your arm to the ground, then return to the starting position and repeat on your other side.

TIP:
Make sure not to bend your body forward or backward during the exercise.

Step 1



Step 2



Seated Ball Chop and Lift

REPS: 10 SETS: 1-2 DAILY: 2-3 WEEKLY: 7 DAYS/WK

SETUP:
Begin sitting upright holding a ball.

MOVEMENT:
Bring the ball to one side, then lift the ball diagonally up above your opposite shoulder. Lower the ball back to the starting position and repeat.

TIP:
Make sure to look at the ball as you lift and lower it. Avoid shrugging your shoulders during the exercise.

Step 1



Step 2



Standing Arm PNF D1 Flexion

REPS: 10 SETS: 1-2 DAILY: 2-3 WEEKLY: 7 DAYS/WK

SETUP:
Begin in a standing upright position with both arms held out to your side, palms facing down.

MOVEMENT:
While keeping your arm straight, raise one arm upward across your body, rotating your thumb to point up. Then reverse this motion back to the starting position and repeat.

TIP:
Make sure to keep your back straight and do not let your body turn as you move your arm.

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BKA Beginner: Stretch & Strengthen

Step 1



Step 2



Standing Arm PNF D2 Flexion

REPS: 10 SETS: 1-2 DAILY: 2-3 WEEKLY: 7 DAYS/WK

SETUP:
Begin in a standing upright position with one arm crossed in front of your body, thumb pointing down.

MOVEMENT:
WSlowly raise your arm overhead across your body, and rotate it so your thumb is pointing up. Then reverse this motion back to the starting position, and repeat.

TIP:
Make sure to keep your back straight and do not let your body turn as you move your arm.

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